

ABSTRACT

A sleep-aiding device for restricting stretching of a wearer's legs to full extension to reduce leg muscle cramping during sleep includes a belt worn about a wearer's waist during sleep, with leg members extending between the belt at the wearer's waist and attachment at lower portions of the wearer's legs, generally below the wearer's knees, e.g. in a preferred embodiment by engagement of the wearer's feet through end loops. The leg members have predetermined lengths between the belt and attachment at the lower portions of the wearer's legs that are adjustably selected to restrict stretching of the wear's legs to full extension during sleep.

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